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Bad effects of procrastination

Procrastination is a common habit among people. Many people procrastinate but they don’t care much about it. Actually procrastination has huge bad effects on suffers. To begin with, procrastination causes many health problems because procrastinator often led an irregular daily schedule. People who procrastinate often put off their work in last minute, that is to say they often sleep late until 2:00 am or 3:00 am. Sleeping late can cause problems in immune system, which make people easier to get flu. They are also more easily to get stomachache and headache because lack of sleeping time. Furthermore, people who procrastinate often do poorly in work because they don’t spend much time to do work. They like to put off their work until deadline, so that they should hurry on with their assignment before deadline. They have no time to do a careful research about their work. They have no time to read the requirement of their work. They are not as well prepared as those who set enough time doing their works. For these reasons, qualities of their works are declined. Last but not least, procrastinators will miss a lot of opportunities in their study. For example, when it’s time to enroll courses, procrastinators make decisions before last minute, way after than everyone else. As a result, when they try to sign up for courses, there are very few classes available, and may not be one they need to take or are offered bad times. Maybe the class begins at 8:00 am but they can’t get up so that early. They will miss the classes and fail their grade finally. Taking these reasons into consideration, the effect of procrastination is often negative. If people overcome their procrastination, they will lead a better life with good health and efficient work.